E SAFETY

Protecting our Children

Advice for parents, carers and staff | What to look out for | Technology— the pitfalls

Six top tips for social networking

1, Know who their friends are

Children often have competitions to have the largest numbers of 'friends', but do they know them all well enough? Remember that online friends will see everything that your child posts online.

2, Share with care

Children often forget that once it's online its out of their control. News, photos and posts often go viral without the originator knowing.

3, Use the privacy settings

Children and adults often forget to limit or set their privacy settings. This gives people online access to anything that is posted.

4, Report it, stop it!

The top social networks have buttons to report inappropriate activity or abuse. Don't be afraid to use it and encourage its usage.

5, Know how to get help

You and your child are not alone, authorities such as CEOP (Police), the NSPCC, the network provider and Childline all offer advice.

6, Be their friend

Being their friend on social networking sites is the easiest way of keeping up to date.

Growing up online - an introduction

We are often asked by parents and carers for guidance on the online world and e-safety, particularly as children become more independent. As their peers develop this independence online, it is only natural that they too want to go along with current trends.

When a child develops into their teenage years, curiosity, exploration, and sometimes pushing the boundaries and taking risks is the norm. This is an essential part of growing up. However, we didn't have the online world to contend with.

With all of the potential that new technology offers, young people now have access to huge opportunities via the internet. The world-wide web is exactly that, world-wide, and so are the risks. We, as adults, need to ensure that we are not naive to these risks. They use technology to express themselves, explore, and be creative. The way that children communicate has changed.

The internet is an amazing tool and has changed all of our lives. Your child has grown up during this change. Many of the things that confuse, baffle or even scare us, are part of everyday life for them. Whether you're a technophobe or a technophile, it's still a possibility that you'll be playing catch-up with the way your child is using the internet. Don't be afraid to learn with them.

You will wonder if what they are doing is safe, and you might also be thinking *how can I be as good a parent online as I am offline?* Here, we offer some useful tips to achieve just that.

Youth Produced Sexual Imagery: advice for parents and carers

You may know this as the more commonly used word **sexting.** It is were young people share inappropriate or sexually explicit images online. This may be via the internet, chatrooms but it is most likely to be through social media and instant messaging apps on their smart phones. Written messages, as well as images, can be involved.

As a parent or carer, it is important that you understand what is involved so that you can support your child. Often, producing sexual imagery is as a result of peer pressure. The risks need to be understood to offset this. Often the culture of taking 'selfies' gets out of control.

Is it illegal? Sharing, sending or coercing someone to share sexually explicit images via technology of a child under the age of 16 is classed as child pornography; although the circumstances will be looked into. However, if prosecuted the sanctions can be severe.

So how common is it? In short very common. ChildLine continue to see an increase in year on year reported incidents. Most young people do not see it as a problem, but are then often victims if the images spreads further than the intended recipient. Children have to remember that once an image is sent, it can go anywhere in the world, and they have no control over it.

So how can you help and support your child? Watch "Exposed" on the ThinkUKnow website, or on YouTube. This is designed for 14 to 18 year olds and the film highlights the dangers of sharing images. Talk to your child about the images they send and how they could be used: education and expectations are key to supporting young people to respond to any requests for images and to access help and support when they need it.

Top Tips for Parents and Carers

Be involved in your child's online life For many of today's young people the balance between the online and the offline worlds becomes blurred. The internet is used to socialize and serve their curiosity. Just as you guide and support them offline you can be there online too. Talk to them about being safe and the online risks. If they know that you understand they are more likely to approach you if they need support.

Be knowledgeable The ThinkUKnow website is a useful starting point for most adults, access it at www.ThinkUKnow.co.uk.

Learn together We also advise that you watch the Thinkuknow films to learn more and then watch them with your child where appropriate. This will help them to understand the risks and your concerns. Covering age groups from five to eighteen, your child may have seen these at school, but they can also be a good tool for you to find out more about what young people do online and the potential risks. https://www.thinkuknow.co.uk/parents

Be nosey Keep up-to-date with your child's development online. Be inquisitive and interested in the new gadgets and sites that your child is using. Make sure you know all the password to the sites they use. Make this, and your involvement in their online world, a condition of them using the internet. Join them! Sign up for all the social media sites they use.

The rules Set boundaries in the online world just as you would at home. Think about what they might see, share, who they talk to and how long they spend online. It is important to discuss boundaries so that they evolve as your child's use of technology does.

Be technosavvy Know what connects to the internet and how.; today everything connects to the internet. Your child will use a range of devices and gadgets; make sure you have set the security access protocols appropriately. Also, find out how they are accessing the internet—is it your wi-fi connection or a neighbors. This will affect whether your safety security settings are being applied.

Settings Consider the use of parental controls on your child's devices that link to the internet. Parental control are not just about locking and blocking, they are a tools to help you set boundaries. They are not the answer to online safety, but they are a good start and not as difficult to install as you might think.

E-safe practice Emphasise that not everyone is who they say they are online. Tell your child that they must never meet anyone that they only know online; explain what they should do if something goes wrong. Just as in the offline world, you want to be able to equip your child to know what to do and where to get help and support when they need it. Therefore it is important they know when and how to report a problem.

USING PARENTAL CONTROLS

What do parental controls do?

They are designed to help you manage your child's online activity. There are various types, some of which are free but others which can be bought. Go to the Internet Matters website, www.internetmatters.org, to access an online tool which gives you a chance to set up a personalised list of the controls used in your home on different devices and detailed instructions on to how to set them up.

What can controls be used for?

Controls can be used for devices like games consoles or your home broadband. The way to set up these controls can very according to the manufacturer and they offer varying types of protection, from filtering out adult content from search results to preventing your child from buying things when playing games. Instructions on how to set them up can usually be found on the manufacturers website or you can use the Internet Matters app for help. These setting apply both inside and outside the home but can be switched off. Make sure you talk to your child about why these settings are in place and ask them to be responsible about keeping them in place.

Games consoles

Most games consoles come with settings which can be put in place for either the device itself or the games platform. Remember that games consoles allow players to connect to the internet and talk to people all over the world so setting controls on devices and on the platform itself is important.

Broadband

Broadband and network filters normally come free with your service. These can prevent material coming into your home. For example, you can restrict anything with sexual content being accessible via your home broadband. Instructions for accessing these filters an be found on the service providers website on the 'help' or 'security' page.

Social media and other websites

Social media and sites like YouTube have privacy and security settings. Again these can prevent your child being contacted by strangers or viewing unsuitable material. It is important to remember that content filters cannot prevent other people from viewing, commenting on or sending messages to your child's account, so controlling who can contact your child is key. We have compiled a list of useful links for the safety and security settings for the most popular social media sites at the bottom of this page..

Search engines

Search engines such as Google, Yahoo and Bing allow users to filter out certain types of search results. You can reduce the risk of your child seeing adult pornography, for example. You can also set limits on how long they spend online. Use the 'settings' menu where you will find the options for each provider.

Quick Tips to Keep Your Child Safe Online

1 Set up home broadband parental controls

Make use of controls on your home broadband.

2 Set controls on your search engine

Encourage your child to always use child friendly search engines and activate the lock and safe search settings on the browsers and platforms they use.

3 Make sure every device is protected

Controls should be installed on every device your child uses, such as their mobile phone, tablet and games consoles (both home and handheld).

4 Use privacy settings

Activate safety measures offered by different sites. Social networking sites like Facebook have privacy settings that will help prevent your child seeing unsuitable advertising or sharing too much with other people.

5 Block pop-ups

Your child could accidentally click on a pop-up advert and access inappropriate content. BBC Webwise has advice on how to block these. Go to: www.bbc.co.uk/webwise/guides/about-popups

6 Find good sites

And agree on these as a family. Talk to your child about their interests and help them find the most appropriate sites and apps to use.

7 Manage their use and access

Children may worry that your response to a problem will be to take away their internet access - this threat could be a barrier for a child who needs help. Reassure them they can talk to you or a trusted adult about their internet use whenever they need to.

Facebook
Safety - www.facebook.com/safety
Safety tools - www.facebook.com/safety/tools/
Bullying - www.facebook.com/safety/bullying/
Reporting - www.facebook.com/help/reportlinks

Instagram
Security, Safety, Advice for parents and Reporting - help.instagram.com/285881641526716

Snapchat
Safety - www.snapchat.com/safety
Parent's Guide - www.connectsafely.org/wp-content/uploads/snapchat_parents_guide.pdf

Twitter
Safety, Blocking, Reporting, and Privacy - support.twitter.com

You Tube
General - www.youtube.com/yt/policyandsafety/
Safety - support.google.com/youtube/answer/174084
Privacy - support.google.com/youtube/answer/157177
Blocking - support.google.com/youtube/answer/56113

ONLINE GROOMING

Grooming is a process used by people with a sexual interest in children to prepare a child for sexual abuse. It is often very carefully planned and it can take place over weeks, months or even years. It is about making a child think that sex with the offender is normal or that they have no choice.

Online groomers use gaming sites, chatrooms and social media. They often pretend to be younger and a different gender. They give a completely different description of themselves and use pictures of other people. They fake similar interests, offer gifts and flatter the child. They are not always strangers and may have met that child through their family or social circles and are using the internet to build a rapport with them. Often the child has no idea they are being groomed and believe this person to be their boyfriend or girlfriend.

How to spot if your child is being groomed

It is hard to recognise because it can happen when children are at home and children are specifically warned by the groomer not to talk about it. Look for increased instances of:

- wanting to spend more and more time on the internet
- being secretive about who they are talking to online and what sites they visit
- switching screens when you come near the computer
- possessing items - electronic devices or phones - you haven't given them
- using sexual language you wouldn't expect them to know
- becoming emotionally volatile.

If you need advice as a parent, you can call the NSPCC's free 24/7 adult helpline on 0800 800 5000 or email them at help@nspcc.org.uk.

Useful Links

THINK U KNOW	www.thinkuknow.co.uk
UK Safer Internet Centre	www.saferinternet.org
internet matters.org	www.internetmatters.org
CLICK CEOP Internet safety	www.ceop.police.uk
Webwise	www.bbc.co.uk/webwise
ChildLine 0800 1111	www.childline.org.uk
NSPCC	www.nspcc.org.uk
BullyingUK	www.bullying.co.uk

Staying SMART online

Help your children stay safe online by sharing the SMART rules. Discuss these with them and encourage them stick to them.

Who can you report concerns to: CEOP

If you are concerned that your child is being groomed online or sexually exploited you should report your concerns to CEOP. CEOP is the Child Exploitation and Online Protection Command and is tasked to work both nationally and internationally to bring online child sex offenders, including those involved in the production, distribution and viewing of child abuse material, to the UK Courts. It is made up of police officers with specialist experience of tracking and prosecuting sex offenders, working with people from organisations including the NSPCC, Childnet, Microsoft and AOL..

You should always report if your child is or has been in contact with someone who is:

- Chatting online to your child about sex
- Asking them to do sexual things on webcam
- Asking them to meet up if they've only met them online
- Requesting sexual pictures
- Forcing them into sexual activity
- Making them feel unsafe

www.ceop.police.uk/safety-centre/

SAFE
S Keep safe by being careful not to give out personal information - such as your name, email, phone number, home address or school name - to people who you don't know online.

MEETING
M Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents'/carers permissions and when they can be present.

ACCEPTING
A Accepting emails, IM messages or opening files from people you don't know or trust can be dangerous, they may contain viruses or nasty messages.

RELIABLE
R Someone online may be lying about who they are and information you find on the internet may not be reliable.

TELL
T Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried.

Source: kidsmart.org.uk

CLICK CEOP Internet safety